

# feeling great starts here

AUGUST IS  
Emotional Well-Being Month

All artwork is available to download at: [www.FOH.hhs.gov/toolkit](http://www.FOH.hhs.gov/toolkit)



Courtesy of FOH Center for Health Communications

U.S. Department of Health & Human Services  
www.hhs.gov

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## Calendar

### Monthly Events and Observances

Select a month and click for more information.

January	February	March
April	May	June
July	August	September
October	November	December

Content will be updated as the year progresses. Check back often.

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The month you selected appears >>

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## August is Emotional Well-Being Month

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Emotional well-being relates to how you feel about yourself, the quality of your relationships, and your ability to manage your feelings and to deal with life's challenges.

#### Signs of Emotional Health

Being emotionally healthy is more than simply being free from depression, anxiety, or other psychological issues; it also refers to the presence of positive characteristics, including:

- A feeling of contentment
- The ability to have fun and laugh
- Resiliency in the face of difficulties
- The ability to adapt to change
- A sense of purpose
- The ability to create fulfilling relationships
- Self-confidence and self-esteem

#### Impact on Physical Health

Your emotional state can not only cause a physical response (as demonstrated by the "fight or flight" response triggered by a perceived threat) but can also have a significant impact on your physical health. This phenomenon, often called the "mind-body connection," can be particularly acute when you are anxious or upset. Experiencing extreme stress over a period of time, for example, might trigger a physiological response such as the development of high blood pressure or a stomach ulcer.

While the following symptoms can indicate the presence of other serious illnesses and as such should be discussed with your health care provider, they can also be signs that your emotional health is out of balance:

- Back pain
- Change in appetite
- Chest pain
- Digestive issues
- Dry mouth
- Headaches
- Lightheadedness
- Palpitations
- Sexual problems
- Sleep issues
- Sweating
- Weight change

#### When to Seek Professional Help

If you continue to suffer from the effects of emotional distress and feel unable to change your mental state or behavior, you should contact a professional. Here are some red flags to look out for:

- Inability to sleep
- Feeling down, hopeless, or helpless most of the time
- Concentration problems that are interfering with your work or home life
- Using tobacco, food, drugs, or alcohol to cope with difficult emotions
- Negative or self-destructive thoughts or fears that you can't control
- Thoughts of death or suicide

#### Quick Take

### 5 Ways to Improve Your Emotional Well-being

To improve your emotional health, you first must try to recognize your emotions and understand why you are having them. Sorting out the causes of sadness, stress, and anxiety in your life can help you manage your emotional health. The following are some other helpful tips.

**NEXT**

#### Did You Know?

If you are an FOH EAP customer, you have 24/7/365 access to your EAP at absolutely no cost to you. Offering short-term counseling, the EAP can help you and your family members deal with many of life's challenges, including help with work, family, personal matters, legal, and financial issues.

To contact your FOH EAP, call toll free, anytime day or night, 1-800-222-0364 (TTY: 1-888-262-7848) or access the EAP on the Web at [www.FOH4You.com](http://www.FOH4You.com)

#### Resources

- The Mind-Body Connection
- Keeping Your Emotional Health
- FOH Emotional Wellbeing Marketing Materials

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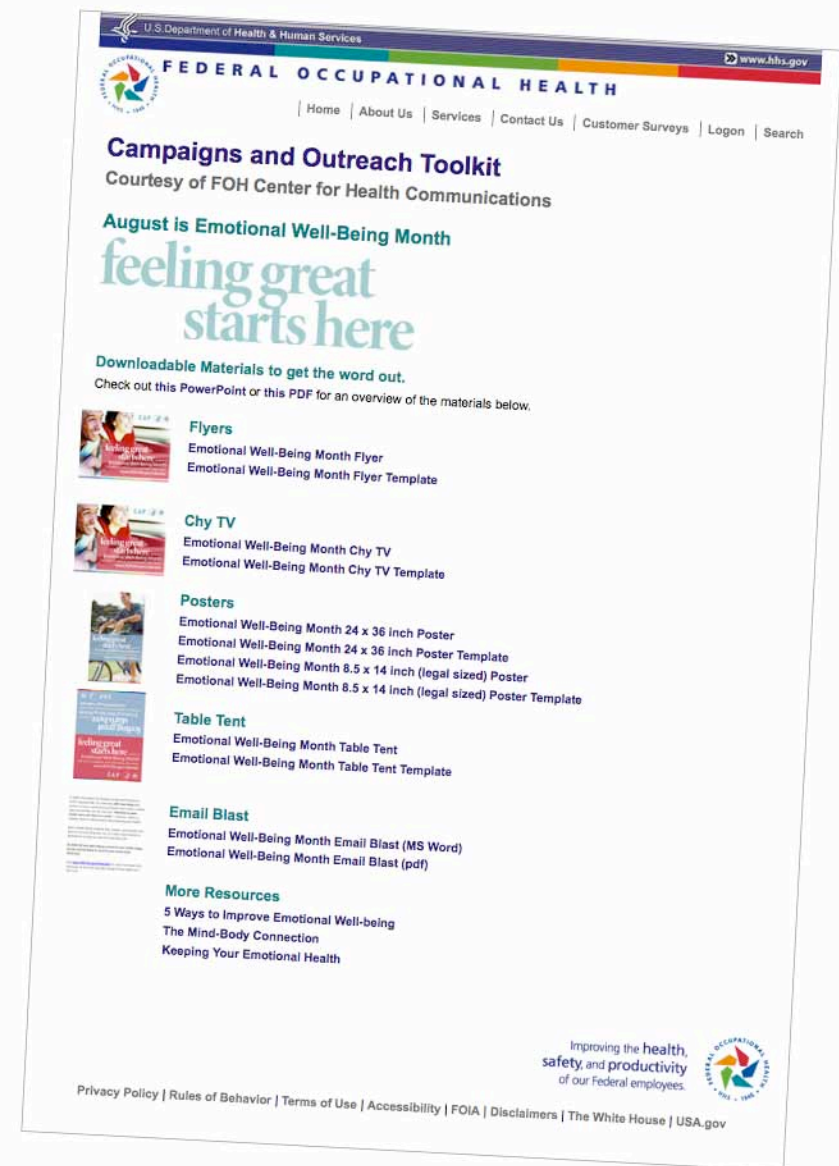
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<< Select a month and click for its campaign materials...

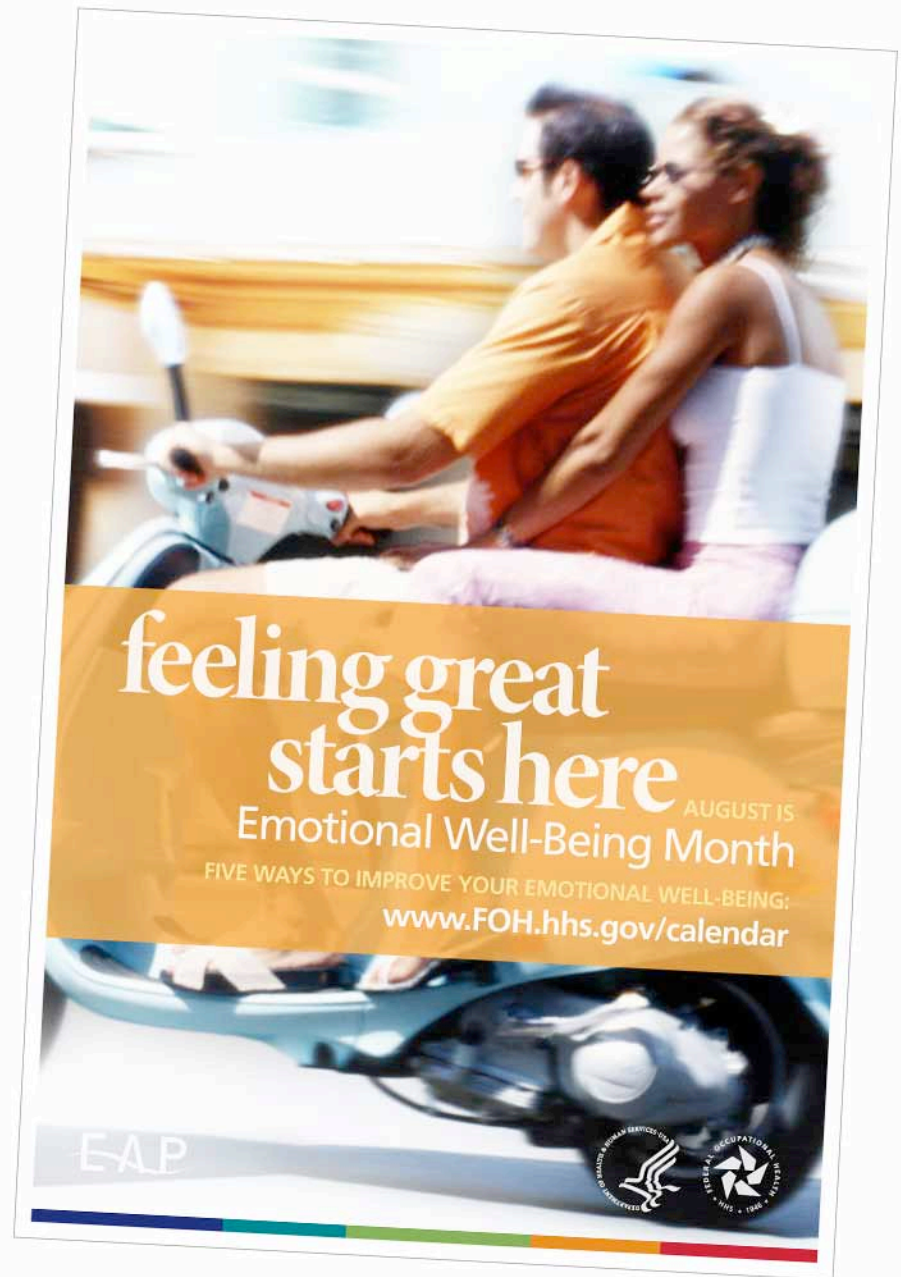
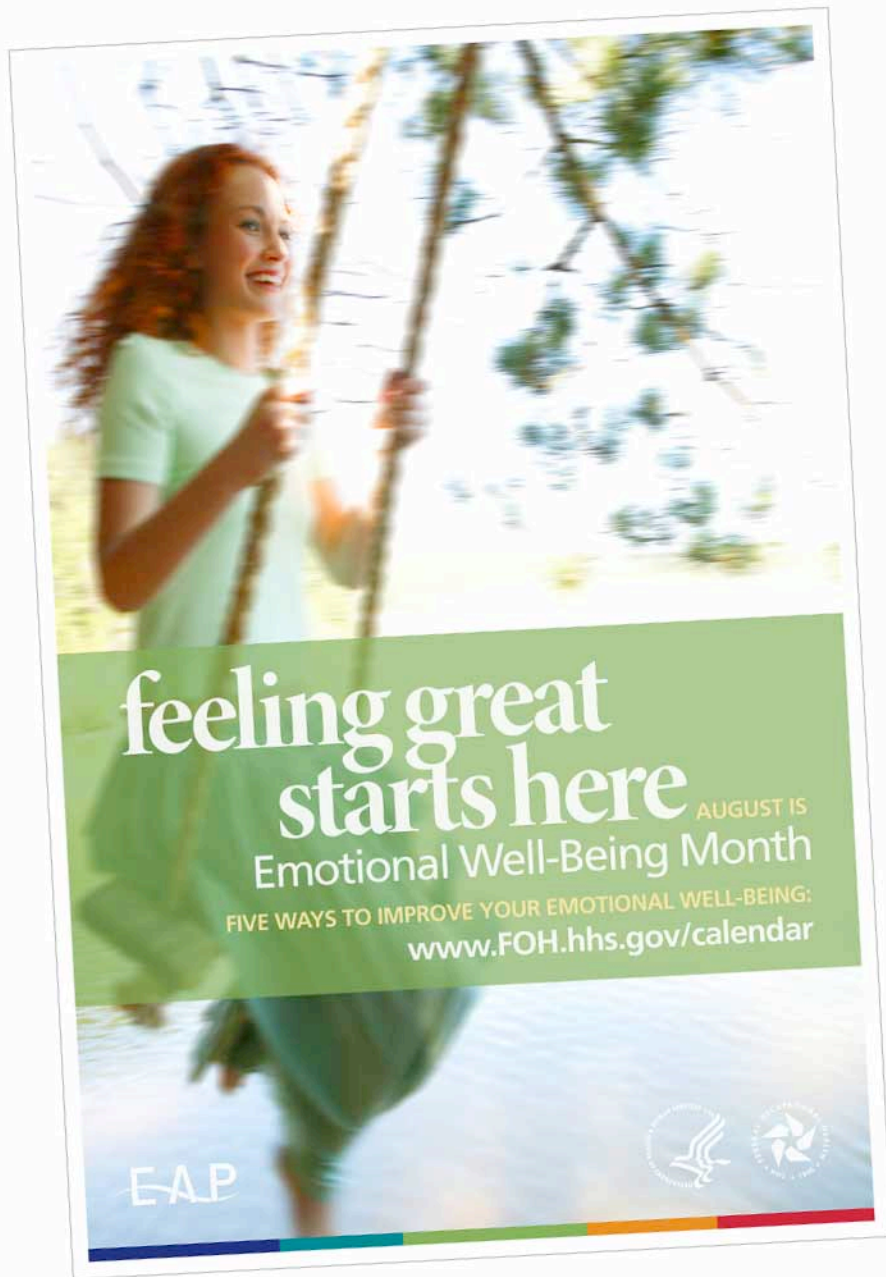
The month you selected appears >>



User friendly toolkit webpage: [www.FOH.hhs.gov/toolkit](http://www.FOH.hhs.gov/toolkit)

All artwork is available to download at: [www.FOH.hhs.gov/toolkit](http://www.FOH.hhs.gov/toolkit)





24x36 posters  
(please reuse the posters you received last year; if you did not receive posters last year  
and would like a set, please email [heidi.hua@foh.hhs.gov](mailto:heidi.hua@foh.hhs.gov) )

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## Campaigns and Outreach Toolkit

Courtesy of FOH Center for Health Communications

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**Downloadable Materials to get the word out.**  
Check out this PowerPoint or this PDF for an overview of the materials below.

- Flyers**
  - Emotional Well-Being Month Flyer
  - Emotional Well-Being Month Flyer Template
- Chy TV**
  - Emotional Well-Being Month Chy TV
  - Emotional Well-Being Month Chy TV Template
- Posters**
  - Emotional Well-Being Month 24 x 36 inch Poster
  - Emotional Well-Being Month 24 x 36 inch Poster Template
  - Emotional Well-Being Month 8.5 x 14 inch (legal sized) Poster
  - Emotional Well-Being Month 8.5 x 14 inch (legal sized) Poster Template
- Table Tent**
  - Emotional Well-Being Month Table Tent
  - Emotional Well-Being Month Table Tent Template
- Email Blast**
  - Emotional Well-Being Month Email Blast (MS Word)
  - Emotional Well-Being Month Email Blast (pdf)
- More Resources**
  - 5 Ways to Improve Emotional Well-being
  - The Mind-Body Connection
  - Keeping Your Emotional Health

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From the Toolkit webpage, click on any of the listed materials to download artwork.

There are “as-is” versions as well as customizable template versions.

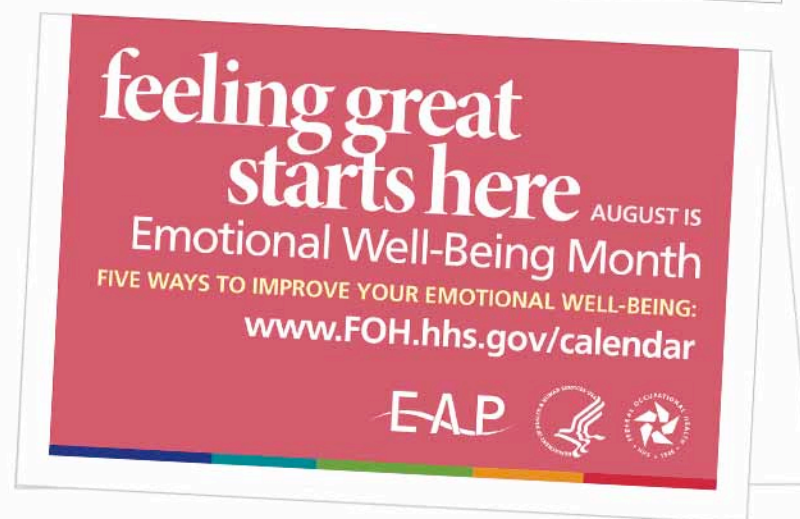
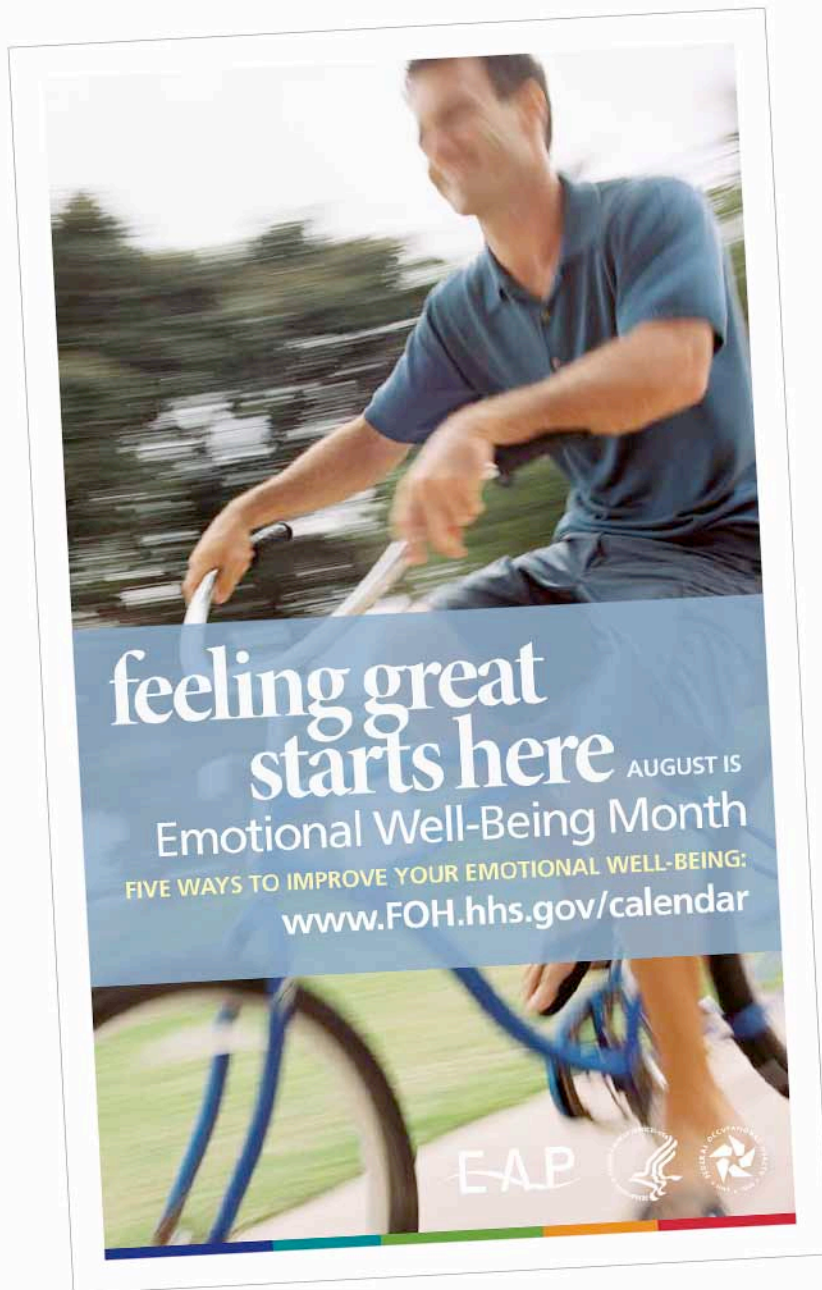
You can add your personal message to the template versions.

*(Note: if you only have Adobe Acrobat Reader and do not have Adobe Acrobat Pro you will not be able to save any changes you make to the templates, you will only be able to print.)*

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8.5x14 bulletin board poster (legal size paper), 11x8.5 flyer and chytv Slide, and 8.5x11 2-sided table tent, also available as form fillable pdf templates

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## End-User Email

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Email blast, MS Word doc format (editable) and pdf versions